

# ← Healthy Living Lesson plan



Time Allotted: 60 minutes

## **PREPARATION**

### **Purpose/Rationale:**

The purpose of this lesson is to introduce students to the different aspects of living a healthy happy life. Students do not need any pre-knowledge in order to participate in the activities of this lesson.

### **Unit Goal:**

Students will be able to speak and write about the benefits of healthy living in terms of food, exercise, and sleep.

### **Learning Objectives:**

- Students will be able to talk about the effects of sugar on the brain and body
- Students will be able to compare and contrast the benefits of eating healthy versus not eating healthy foods.
- Students will be able to reflect on their own exercise practices and talk about the benefits of exercise.
- Students will be able to identify reasons for why sleep is important and how to practice good sleep habits.

### **Standards:**

The following are standards from the Oregon Health standards list:

- HE.1.12.1 Predict how healthy behaviors can affect health status.
- HE.1.12.2 Describe the interrelationships of physical, mental, social, emotional, and environmental health.

### **Prior Knowledge/Background Information:**

Students will not need to have any prior knowledge in order to comprehend this lesson.

### **Materials/Resources Needed:**

- PowerPoint presentation
- Notebook/paper
- Index cards( for exit slips)
- Pens/pencils
- Document camera
- Projector screen

## **PROCEDURES AND ASSESSMENT OF STUDENT LEARNING**

<b>Introduction:</b>			
<b>Student's Actions</b>	<b>Teacher's Actions</b>	<b>Resources</b>	<b>Time</b>
Students will begin with a quick write	Teacher state agenda to students,	Powerpoint	5-7



### **Edit with the Docs app**

Make tweaks, leave comments, and share with others to edit at the same time.

NO THANKS

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sleep on health.. Also, asking questions as they arise.		Pens/pencil	20 min
-Students view video about the effect of blue lights on sleep in relation to students.	-Teacher sets up video and plays for students. Instructs students to take notes as they watch.	Video from BBC	
-Students consider the questions on foods. Students have a discussion with a table partner based on the prompt set by teacher.	-Teacher prompts questions for students to answer regarding their thoughts on the video.	Powerpoint slides	15 min.
Students take notes on foods and sugars. Students ask questions as appropriate.	Teacher gives lecture on foods and gathers feedback in discussion style lecture.		
Students reflect on foods lecture and discuss their thoughts with other classmates.	- Teacher prompts students to discuss in their tables, what connections they made to lecture.		15 min
Students take notes on the benefits of moving, and then write about this current exercise routine in their notebook. "Students have class discussion on ways to improve their exercise routines and how to help motivate others to do the same.	- Teacher gives lecture on exercise and prompts students to write about their experience in exercise.		

### **Closure/Extensions: (Determining progress toward daily objective.)**

<b>Student's Actions</b>	<b>Teacher's Actions</b>	<b>Resources</b>	<b>Time</b>
Students will write on a piece of index card the following: what are some ways you can change your lifestyle? What could you do to be a more healthy person and live a better life?	- Teacher explains the exit slip directions to students, and then collects them on the way out of the classroom.	Pens/pencils Index cards PowerPoint	5 min